

USDA National Nutrient Database for Standard Reference Release 28

Basic Report 03246, Babyfood, dessert, custard pudding, vanilla, junior

Report Date:October 27, 2015 12:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 229g	1 tbsp 14g	1 oz 28.35g	1 jar 170g	1 jar Beech-Nut Stage 3 (6 oz) 170g	1 jar Gerber Third Foods (6 oz) 170g	1 jar Heinz Junior-3 (6 oz) 170g
Proximates									
Water	g	79.31	181.62	11.10	22.48	134.83	134.83	134.83	134.83
Energy	kcal	86	197	12	24	146	146	146	146
Protein	g	1.76	4.03	0.25	0.50	2.99	2.99	2.99	2.99
Total lipid (fat)	g	0.98	2.24	0.14	0.28	1.67	1.67	1.67	1.67
Carbohydrate, by difference	g	17.58	40.26	2.46	4.98	29.89	29.89	29.89	29.89
Fiber, total dietary	g	0.2	0.5	0.0	0.1	0.3	0.3	0.3	0.3
Sugars, total	g	12.20	27.94	1.71	3.46	20.74	20.74	20.74	20.74
Minerals									
Calcium, Ca	mg	54	124	8	15	92	92	92	92
Iron, Fe	mg	0.22	0.50	0.03	0.06	0.37	0.37	0.37	0.37
Magnesium, Mg	mg	5	11	1	1	8	8	8	8
Phosphorus, P	mg	55	126	8	16	94	94	94	94
Potassium, K	mg	68	156	10	19	116	116	116	116
Sodium, Na	mg	26	60	4	7	44	44	44	44
Zinc, Zn	mg	0.30	0.69	0.04	0.09	0.51	0.51	0.51	0.51
Vitamins									
Vitamin C, total ascorbic acid	mg	0.4	0.9	0.1	0.1	0.7	0.7	0.7	0.7
Thiamin	mg	0.012	0.027	0.002	0.003	0.020	0.020	0.020	0.020
Riboflavin	mg	0.054	0.124	0.008	0.015	0.092	0.092	0.092	0.092
Niacin	mg	0.076	0.174	0.011	0.022	0.129	0.129	0.129	0.129
Vitamin B-6	mg	0.030	0.069	0.004	0.009	0.051	0.051	0.051	0.051
Folate, DFE	μg	6	14	1	2	10	10	10	10
Vitamin B-12	μg	0.23	0.53	0.03	0.07	0.39	0.39	0.39	0.39
Vitamin A, RAE	μg	13	30	2	4	22	22	22	22
Vitamin A, IU	IU	47	108	7	13	80	80	80	80
Vitamin E (alpha-tocopherol)	mg	0.09	0.21	0.01	0.03	0.15	0.15	0.15	0.15

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Vitamin D (D2 + D3)	µg	0.5	1.1	0.1	0.1	0.8	0.8	0.8	0.8
Vitamin D	IU	19	44	3	5	32	32	32	32
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Lipids									
Fatty acids, total saturated	g	0.325	0.744	0.046	0.092	0.552	0.552	0.552	0.552
Fatty acids, total monounsaturated	g	0.364	0.834	0.051	0.103	0.619	0.619	0.619	0.619
Fatty acids, total polyunsaturated	g	0.128	0.293	0.018	0.036	0.218	0.218	0.218	0.218
Cholesterol	mg	38	87	5	11	65	65	65	65
Other									
Caffeine	mg	0	0	0	0	0	0	0	0